

HUNT FITNESS CENTER GROUP EXERCISE

DEC.

MONDAY

12PM - Yoga w/ Melissa - MP1
5:30PM - Zumba w/ Rolanda - MP1
6PM - Bootcamp w/ Melanie - MP2

TUESDAY

6PM - Yoga w/ Laurie - MP1

WEDNESDAY

9AM - Yoga w/ Liz - MP2
10AM - Get Pumped w/ Liz - MP2
12PM - Yoga w/ Melissa - MP1
6PM - Bootcamp w/ Tiffany - MP2
6:30PM - Zumba w/ Rolanda - MP1

THURSDAY

9AM - Pilates w/ Liz - MP2
10AM - Bodyweight Tobata w/ Liz - MP2
5:30PM - Pound w/ Rolanda - MP1
6PM - Bootcamp w/ Melanie - MP2
7PM - Yoga w/ Laurie - MP1

FRIDAY

12PM - Meditation w/ Aarti - MP1

SATURDAY

9AM - Zumba w/ Rolanda - MP2



CLASS INFORMATION

- MASKS ARE OPTIONAL
PLEASE WEAR IF NOT VACCINATED
- MEMBERSHIP OR DAYPASS
REQUIRED TO ATTEND
- SCHEDULE SUBJECT TO CHANGE
- NO CLASSES ON:
12/23, 12/24, 12/25, 12/27 and 1/1